

**“Best Technique in  
Texas...”**

**High School  
Girls Basketball**

**Elementary**

**Middle School**

**High School**

**PLAYER SKILLS**

**CURRICULUM**

**THANK YOU for choosing to be a coach in our program. You could have chosen to do countless things with your time but instead, you are here, reading this guide to help give our players the best experience you can possibly give them. This is only possible with the sacrifice you make for our program. I hope you fully grasp the impact you have as a coach and strive to be a mentor to the players that you influence through the game of basketball. I'd ask you to please take the challenge head on to not only develop basketball players but good people.**

**We have four goals in our development model:**

- 1. To create complete players "every player develops every skill" through 8th grade**
- 2. To develop players with advanced athletic, tactical, technical and psychological skills**
- 3. To meet players needs at each phase of development**
- 4. Prepare players for their next level of competition**

**Notice, there is no goal tied to winning. As coaches at the youth level, we must resist the urge to sell out to winning. Winning is great, and no one wants to be discouraged by constantly losing, but we should measure our performance based on the soundness of our teams, not the scoreboard (Performance > Outcome, we control performance). At the youth level, the aim is to develop skilled players with a strong foundation of fundamentals that are learning how to conduct themselves properly, not to win championships. Championships are byproduct of a lot of things - talent, coaching, luck, etc. Please keep the focus on player and personal development, championships will happen.**

**I believe there is a distinction between teaching and coaching. Teaching is helping players learn fundamental skills and helping them learn how to play the game. Teaching is measured in the improvement of the soundness of the players from the time they started with you as a coach until that time has ended. Coaching is game planning, strategies, executing plays, and drilling to a system of play. Coaching is measured in winning. I believe what we do as coaches needs to be a balance of both, but the best way to help players develop at the youth level is to do more teaching, and less coaching.**

**If you were to ask me, "what's the easiest way to organize and coach a team?" I would say it would be to use 2-3 zone and a structured, patterned offense. But using that approach doesn't teach players how to play the game of basketball. It teaches them a few specific things to understand and that structure allows them to function at their current level. If we are about development, which is what we want to be about, we will remove rigid structure and allow mistakes to be made through man to man defense and a conceptual offense, helping the players learn. This makes them better players in the long run, which is the core of our development model.**

**If you have questions about this information or ideas to improve what we are doing, don't hesitate to ask**

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**-Coach Standridge**

# Player Curriculum

## FOOTWORK

- Armor
- Jabs for Off and Out
- Arc Kobes

- Advanced Kobes
- Reverse Pivots
- Advanced Reverse Pivots
- Screening

## BALLHANDLING

- Stationary
- Swipe Ups & Swims
- Off of Jab

- Against Pressure
- Driving with Dribble
- Rook Movements

- Transition
- Stopping with Dribble
- Stopping to Shoot
- Off of Ball Screens

## DEFENSE

- Starting a Movement
- Lateral Movement
- Sagittal Movement
- Contesting

- Rebounding
- On the Floor
- Against Ball Screens
- Recovery

- Closeouts
- Against Dead Balls
- Against Drive
- Verticality

## FINISHING

- Standard One Foot
- Standard Two Feet
- Baseline

- Advanced One Foot
- Advanced Two Feet
- Post Back to Basket

- Post Weak Sides
- Post Strong Sides
- Speed
- With Contact

## SHOOTING

- Form Shooting
- Progressive Form Shot
- 1, 2

- Hops
- Forward Pull Up
- Lateral Pull Up

- Foot Replacement
- Hand Replacement
- Catch and Shoot

## PASSING

- Partner Passing Basics
- Around the Horn
- Post Entries

- Distance/Transition
- On the Move
- Traffic Passing

- Off of Ball Screen
- Vs Presses or Trap

## NAVIGATION

- Physical Get Open
- Avoidant Get Open
- Off-Ball Screen Use

- Ball Screen Use
- Cutting
- Moving like a Shooter

- Moving Catch & Shoot
- Handoffs & Alternates

## **FOOTWORK**

### **ARMOR**

#### **THREE LEVELS: SHOULDERS, HIPS, KNEES**

- (A.) Side to Side each level**
- (B.) Side to Side full body revolution hitting each level**
- (C.) 360 Pivot from each level**
  - Clockwise**
  - Counterclockwise**

### **JABS TO GET OUT FOR DRIVE**

- (A.) Double Jab**
- (B.) Double Cross**
- (C.) Jab, Cross**
- (D.) Cross, Jab**
- (E.) Pump, Jab**
- (F.) Jab, Trigger, Cross-Go**

### **KOBES AROUND THE ARC (FROM BOTH CORNERS); ONE, TWO; INSIDE-OUTSIDE**

- (A.) Pump**
- (B.) Pump, Direct**
- (C.) Pump, Cross**
- (D.) Pump, Split, Direct**
- (E.) Pump, Split, Cross**

### **ADVANCED KOBES AROUND THE ARC**

- (A.) Pump, Spin**
- (B.) Pump, Fake Spin**
- (C.) Pump, Cross, Spin Back**
- (D.) Pump, Cross, Low Direct Rip**
- (E.) Pump, Direct, Pirouette**

## **REVERSE PIVOTS AROUND THE ARC (FROM BOTH CORNERS); SPLIT CATCH; JUMP STOP CATCH**

- (A.) Reverse, Direct**
- (B.) Reverse, Cross**
- (C.) Reverse, Jab, Go Opposite**
- (D.) Reverse, Split, Direct**
- (E.) Reverse, Split, Cross**

## **SCREEN SETTING**

- (A.) The Screen itself**
  - wide outside shoulder**
  - bent knees (balance)**
  - rear is back (balance)**
  - flex and hold**
- (B.) Roll Footwork**
- (C.) “Pinball” (sprint feet [cross step])**
- (D.) Pop in**
- (E.) Pop out**
- (F.) Slip**
- (G.) Twist (re-screen)**
- (H.) Ghost**

## **GETTING OPEN**

- (A.) Split**
- (B.) Top Leg**
- (C.) Top Leg Pause & Go**
- (D.) Spin Seal both ways**
- (E.) Back Door**
- (F.) Fake Back Door Get**
- (G.) Handoff**
- (H.) Fake Handoff**
- (I.) V Cut**
- (J.) L Cut**
- (K.) Arm-Bar**

# **BALLHANDLING**

## **FOUNDATIONAL: STATIONARY**

### **(A.) Warmup**

- Pocket**
- Hand Turns**
- Manipulation**
- V**
- In-N-Out**
- Snatch**
- Punch**
- BTL**
- BTB**
- Thru-Thru**
- Drag**
- Punch, Drag**
- Punch, BTL**

### **(B.) Pivot**

- Around the world right**
- Around the world left**

### **(C.) Spin/Reverse Pivot**

- Down and Back**
- Down and Out and Back**
- Down and Out and Down and Back**
- Out and Back**
- Down, Out, Over**

### **(D.) Swipe Ups & Swims**

- Stationary**
- First two steps**

## **FOUNDATIONAL: OFF OF JAB; FIRST STEP**

- (A.) Direct**
- (B.) Cross**
- (C.) Jab and Go**
- (D.) Trigger**
- (E.) Negative Step**
- (F.) Cross-Rip**
- (G.) Double Tap**

## **FOUNDATIONAL: STARTING A DRIVE WITH LIVE DRIBBLE**

- (A.) Drops**
- (B.) Protect/Cross**
- (C.) Back Drop**
- (D.) Through!**
- (E.) Mark Jackson**

## **FOUNDATIONAL: TRANSITION**

- (A.) BTL**
- (B.) BTB**
- (C.) BTB-Wrap**
- (D.) Reverse Pivot**
- (E.) Quick Spin**
- (F.) Punch-Cross**
- (G.) Push**
- (H.) Snatch**

## **FOUNDATIONAL: FULL COURT PRESSURE PACE WORK**

- (A.) Full Speed Stop Same Hand 100-0**
- (B.) Full Speed, Stop, Change, Accelerate**
- (C.) Full Speed, Slow, Change, Accelerate**
- (D.) Slow to Quick, Change, Accelerate**

## **FOUNDATIONAL: ROOK MOVEMENT**

### **(A.) Glides**

- Cross**
- BTL**
- BTB**
- In & Out**

### **(B.) Backwards Glides**

- Cross**
- BTL**
- BTB**
- In & Out**

### **(C.) Folded Forward/Backward**

- Cross**
- BTL**
- BTB**
- In & Out**

### **(C.) Sideways Fold Low**

- Cross**
- BTL**
- BTB**
- In & Out**

### **(D.) Tall**

- Forward/Backward**
- Sideways**

### **(D.) Misdirections**

- Cross**
- BTL**
- BTB**

## **FACING PRESSURE: STOPS**

- (A.) Front Cross**
- (B.) BTL**
- (C.) BTB**
- (D.) Thru-Thru**
- (E.) Punch**
- (F.) Drag**
- (G.) Protect**
- (H.) Protect into Seal**

## **FACING PRESSURE: PROTECT**

- (A.) Front Cross**
- (B.) BTL**
- (C.) BTB**
- (D.) Punch**
- (E.) Drag**
- (F.) Thru-Thru**
- (G.) Seal**
- (H.) Swivel**
- (I.) Push Back**
- (J.) Spin**

## **FACING PRESSURE: REVERSE PROTECT**

- (A.) Front Cross**
- (B.) BTL**
- (C.) BTB**
- (D.) Punch**
- (E.) Drag**
- (F.) Thru-Thru**
- (G.) Seal**
- (H.) Swivel**
- (I.) Push Back**
- (J.) Spin**

**FACING PRESSURE: PUNCHER'S PROTECT**

- (A.) Into RP**
- (B.) Into Protect**
- (C.) BTB**
- (D.) Drag**

**FACING PRESSURE: SALSA**

- (A.) Standard**
- (B.) Turn Seal**
- (C.) Turn Drop**
- (D.) Fake Spin**
- (E.) Swivel**

**FACING PRESSURE: SPIN SALSA**

- (A.) Spin, BTL, Pull**
- (B.) Spin, BTB, Pull**
- (C.) Spin, Punch, Pull**
- (D.) Spin, Drag, Pull**

**FACING PRESSURE: FAKE SPIN SALSA**

- (A.) FS, Go, Punch, Pull**
- (B.) FS, Go, BTB, Pull**
- (C.) FS, Go, BTL, Pull**
- (D.) FS, Go, Drag, Pull**

**FACING PRESSURE: HIP SWIVEL SALSA**

- (A.) Swivel, Go, BTL, Pull**
- (B.) Swivel, Go, BTB, Pull**
- (C.) Swivel, Go, Punch, Pull**
- (D.) Swivel, Go, Drag, Pull**

## **FACING PRESSURE: RETREAT TO SAFELY PASS**

- (A.) Standard**
- (B.) High Skip**
- (C.) Backpedal**
- (D.) Glide Back**

## **FACING PRESSURE: STOPPING DRIVE TO KEEP DRIBBLE ALIVE**

- (A.) Hard Stop and Retreat**
- (B.) Hard Stop and High Retreat**
- (C.) Hard Stop and Glide Back**
- (D.) Hard Stop, Seal, any Retreat**
- (E.) Protect, Spin Seal, Retreat**
- (F.) Protect, Spin Seal, High Retreat**
- (G.) Protect, Spin Seal, Glide Back or Backpedal**
- (H.) Protect, Spin Seal, Mark Jackson, FS/Spin, Retreat**

## **DRIVING: STOPPED TO CONTINUE WITH PROTECT**

- (A.) Hard Stop Protect Step into Back Drop**
- (B.) Hard Stop Protect Step into Swivel Go**
- (C.) Hard Stop Protect Step into Half Spin Go**
- (D.) Hard Stop Protect Step into Swivel Cross**
- (E.) Hard Stop Protect Step into Half Spin Cross**
- (F.) Hard Stop Protect into Back Drop Cross**

## **DRIVING: STOPPED TO CONTINUE WITH PUNCH**

- (A.) Hard Stop Punch Step into BTL**
- (B.) Hard Stop Punch Step into BTB**
- (C.) Hard Stop Punch Step into Drag**
- (D.) Hard Stop Punch Step into Wrap & Move Them**
- (E.) Hard Stop Punch Step into Rocker Drop**

## **DRIVE THRU DEFENSIVE CONTACT**

- (A.) Swipe Away**
- (B.) Swipe Up**
- (C.) Swim and Dive**
- (D.) Swipe Pull**
- (E.) Mow and Stop**

## **USING DEFENSIVE CONTACT: SIMPLE READS**

- (A.) Side to Side Contact: Keep em on the hip (bump in, mow!)**
- (B.) Side to Side Contact—Defender moves to front: Crossover**
- (C.) Side to Side Contact is Maintained—Defender gets in: Quick BTB Wrap**

## **STARTING POST UP FROM DRIVE**

- (A.) Weakside: Bump to spin seal**
- (B.) Weakside: Reverse pivot**
- (C.) Weakside: BTL to bump**
- (D.) Weakside: BTB to bump**
- (E.) Strongside: Barkley**
- (F.) Strongside: Half pivot into Barkley**

## **DRIVING OUT OF POST UP**

- (A.) Low Drop**
- (B.) Hip Swivel**
- (C.) Fake Spin**
- (D.) Back Drop**

## **STOPPING TO SHOOT**

- (A.) Jump Stop and Clap**
- (B.) One, Two and Clap**
- (C.) Hard Stop to Hop to Clap**
- (D.) Hard Stop to One, Two to Clap**
- (E.) Protect to Collect**

## **DEFENSE**

### **STARTING A MOVEMENT**

#### **(A.) Sideways**

- Push**
- Pull**
- Kick**
- Hop**

#### **(B.) Backwards**

- Pivot**
- Drop**
- Hop**

#### **(C.) Forwards**

- Negative Step Back**
- Negative Step to Side**

### **LATERAL MOVEMENT**

**(A.) Boxer/Snowboard (Upright, Low, Lowest)**

**(B.) Push/Pull/Kick (Upright, Low, Lowest)**

**(C.) Cross Step (Upright, Low, Lowest)**

### **FORWARD MOVEMENT**

**(A.) Boxer/Snowboard (Upright, Low, Lowest)**

**(B.) Upright Soccer Style**

### **BACKWARD MOVEMENT**

**(A.) Boxer/Snowboard (Low, Lowest)**

**(B.) Cross Step (Low, Lowest)**

**(C.) Cornerback**

## **CONTESTING**

### **(A.) Against a Shooter**

- Lead w/high hand, force cross drive (left v righty/right v lefty)
- Sprint to hard plant the high hand side's foot
- Foot that hard plants should be hip-extended depth
- Reorient to mirror defender OR
- Chest stop if direct drive OR
- Cross step to cut off ball-side shoulder (most likely)

### **(B.) Regular Closeout**

- Lead with high hand that shades to weak side
- Snowboard sprint to arm's length still with high hand
- Reorient to mirror defender OR
- Chest stop and poke against direct drive OR
- Cross step to cut off ball-side shoulder

## **REBOUNDING**

### **(A.) Generally**

#### **-Box Out**

- Get sideways w/hand out toward O; Check for crasher
- Remaining sideways, hit O with forearm; get bearings
- Bring rest of body to the offensive player by EITHER
  - Hit and Sit OR Hit and Pivot
- Time release by the beginning of ball's descent
- GO GET IT!**
- Sprint forward time jump to catch w/two hands highest point
- CATCH WITH TWO HANDS!**
- Keep going with forward momentum
- Pivot out with ELBOWS OUT**

### **(B.) O-Reb**

- Swim
- Spin
- Pull the Chair
- Seal them in

## **GETTING ON THE FLOOR**

### **(A.) Taking a Charge**

- Feet outside of shoulder width**
- Heels must be down**
- Knees bent and slightly forward**
- Butt back**
- Upon impending contact: begin squatting descent**
- As contact is initiated: fully squat**
- Rock back onto heels and push feet forward to propel body back**
- As low as possible, land butt first**
- Allow the rest of the body to follow**
- MUST TUCK CHIN INTO CHEST!!!**

### **(B.) Diving on Floor**

- Staggered feet shoulder width apart**
- Begin crouching forward like a lunge**
- Hands outreached forward**
- On one's toes**
- As lowly as crouch can get, propel forward hands first**
- Should imitate a baseball slide**
- Jersey friction will cause momentum**
- MUST TUCK CHIN BACK!!!**

## **GUARDING BALL SCREENS**

### **(A.) As a guard**

- Attaching**
- Hug under**
- Sit, punch, & kick**
- Going under**
- Switch technique**

**(B.) As a post**

- Trap
- Drop
- Switch
- Hedge
- Ice

**GUARDING A DRIVE**

**(A.) Equal footing**

- Always shaded; force weak side
- Against a strong side drive:
  - Shoot out with high foot
  - The poke-hand goes with it (timed well results in steal)
  - Keep feet far apart; create width
  - Receive contact with chest if not entire torso (charge!)

**(B.) Non-advantage**

- Against a weak side drive (where the shade allows)
  - Cross step into soccer style OR fully sagittal
  - Run down their ball-side shoulder
  - All the while “ride the bull” (hand & arm placement)
  - Upon reaching shoulder, shoot the kick step for cutoff
  - Swallow the ball-handler w/wide feet to force stop

**GUARDING THE POST**

**(A.) Posting Without the Ball**

- Fight early to get fronted position
- If they get position, get them pushed as far away from basket

**(B.) Post Has Back to the Defender**

- Armbar on back or side; give no space for a face up
- Snowboard wide feet; Lower one's level to be under the ball
- Use their pivot foot to direct their course

**(C.) Post Has Faced Up to Basket**

- Snowboarded wide feet;
- Attach to pivot foot side's hip or the mobile leg
- Want to force them into pivot work if not turning their back
- Any drive, ride the bull, **DO NOT JUMP ON SHOT ATTEMPT**

## **FINISHING**

### **FOUNDATIONAL: WARMUP BASICS**

#### **(A.) Mikan**

- Standard**
- Standard Reverse**
- Two foot**
- Two foot reverse**
- Standard no glass**
- Standard reverse no glass**
- Two foot no glass**
- Two foot reverse no glass**

#### **(B.) Rebound Putbacks**

- Standard high**
- Standard load**
- Pump fake**
- Pump, up and over**
- Pump, up and over, and back**
- Pump, up and over, hook**
- Power dribble**
- Power dribble over**

#### **(C.) From the Elbows**

- Standard Right/Left**
- Two Feet Right/Left**
- Standard Middle Right/Left**
- Two Feet Middle Right/Left**
- Standard No Glass Right/Left**
- Two Feet No Glass Right/Left**
- Standard Middle No Glass Right/Left**
- Two Feet Middle No Glass Right/Left**

## **ONE FOOT FINISHES**

### **(A.) More Advanced**

- Inside Hand**
- Finger Roll**
- Middle Right/Left**
- Hannah Jud**
- Hannah Jud Across**
- Hannah Jud Middle L/R**
- Extend Away**
- Cover**
- One Hand Cover**
- Steve Nash**
- Euro**
- Slow Step**
- Runner**
- Spin**
- Spin to Up and Over**

## **TWO FOOT FINISHES**

### **(A.) More Advanced**

- SF & Duck In**
- SF & Up and Over Hook**
- SF & Up and Over Power Dribble**
- SF & Up and Over and Back Around**
- Fake Spin**
- Fake Spin to Up and Over**
- Fake Spin to Pirouette**
- Pro Hop**

## **BASELINE FINISHES**

### **(A.) Standards**

- Regular**
- Inside Hand**
- No Glass**
- Reverse**
- Runner**

- Bump Hop
- Pro Hop Middle
- Two Foot Floater
- Spin
- Spin to Up and Over

## **WITH CONTACT**

### **(A.) Creating Advantage**

- Arc Side
- Blind
- Mow/Kyries
- Corwins

## **POST MOVES**

### **(A.) OUT OF A DROP STEP**

- Drop and Finish
- Drop, Pump, Shot
- Drop, Pump, Over
- Drop, Pump, Over and Back
- Drop, Pump, Pirouette

### **(B.) OUT OF A FAKE DROP**

- Fake Drop to Hook
- Fake Drop, Fake Shot, Over to Finish
- Fake Drop, Fake Shot, Fake Over, Back Around
- Fake Drop, Fake Shot, Pirouette

### **(C.) OUT OF A HOOK STEP**

- Hook In
- Fake Hook, Finish Opp
- Fake Hook, Up and Over
- Fake Hook, Fake Up and Over, Go Back
- Fake Hook, Pirouette

**(D.) OUT OF A SPIN**

- Spin and Finish
- Spin, Pump, Shot
- Spin, Pump, Over
- Spin, Pump, Over and Back
- Spin, Pump, Pirouette

**(E.) OUT OF A SPLIT CATCH**

- Go
- Kobe Open, Sweep Back, Go Either
- Jab and Go
- Over Cross, Under Rip
- Under Cross, Over Rip
- Over Cross, Spin Back

**(F.) OUT OF A REVERSE PIVOT**

- Go
- Kobe Open, Sweep Back, Go Either
- Jab and Go
- Over Cross, Under Rip
- Under Cross, Over Rip
- Over Cross, Spin Back

# **SHOOTING**

## **GROUND UP: TOP FRAME**

### **(A.) Stationary**

- One Handed High**
- One Handed Under**
- One Hand with Ghost Guide High**
- One Hand with Ghost Guide Low**
- Together High Start**
- Together from Chest**
- Together from Pelvis**
- In and Ups**
- Jolt Ups**
- Thigh Tap Ups**

### **(B.) Rhythm/Balance/Distance**

- Dribble Pound**
- Double Dips**
- High, Low, Shoot**
- One Legged Touch**
- Range Shooting**

### **(C.) Adding the Feet**

- 1,2 from Pelvis**
- 1,2 Jolt**
- 1, 2 In & UP**
- Hop from Pelvis**
- Hop into Jolt**
- Hop In & Up**

## **CREATING CONSISTENCY AND SHOT QUICKNESS**

### **(A.) Foot Replacement**

- Left & Right**
- Wide**
- Close**
- Crossed**
- Lunged**
- Protect**
- Hip Switch**
- From Jab**

### **(B.) Quick Hands**

- One Dribble**
- Two Dribble**
- Cross Cross**
- BTL**
- Punch**
- Drag**
- Thru Thru**
- BTL BTL**
- Drag Thru**
- Wraps**

## **PULLUP Laterally**

### **(A.) Advanced**

- Cross Step**
- Glide**

# PASSING

## STANDARDS AROUND THE HORN

### (A.) Stationary

- Chest
- Bounce
- One Hand Push High
- One Hand Push Bounce
- One Hand Scoop High
- One Hand Scoop Low
- Overhead
- Cautious Shot Pass

### (B.) Off of Dribble (for Speed & Space)

- Chest
- Bounce
- One Hand Push High
- One Hand Push Bounce
- One Hand Scoop High
- One Hand Scoop Low
- Overhead

### (C.) Off of a Glide

- Chest
- Bounce
- One Hand Push High
- One Hand Push Bounce
- One Hand Scoop High
- One Hand Scoop Low
- Overhead

## **POST ENTRIES**

### **(A.) Stationary; Pivot**

- Overhead**
- Cautious Shot Pass**
- Fake High, Bowl Low**
- Fake High, Cross Step Low**
- Fake Bowl, Go High**
- Fake Cross, Go High**
- Lila Quick Bowl**
- Lila Quick Cross**
- Lila High Bounce**

### **(B.) Out of a Glide**

- One Hand Push High**
- One Hand Push Bounce**
- One Hand Scoop High**
- One Hand Scoop Low**
- Lila Quick Bowl**
- Lila Quick Cross**

## **ON THE MOVE**

### **(A.) Full Court**

- Overhead Skip**
- Transition Chest**
- Transition Bounce**
- Baseball Pass**
- One Hand Bullet Push**
- One Hand Underhand Bullet**
- One Hand Hook Cross Bullet**
- One Hand Bullet Bounce**

**(B.) Live Dribble Half Court**

- Fundy Chest**
- Fundy Bounce**
- One Hand High**
- One Hand Bounce**
- Scoop Up**
- Scoop Bounce**
- Hook Back**
- One Hand Bullet**
- Dribble Pitch**
- Dribble Tap**
- Dump**
- Jump Pass**
- Shot Pass**
- BTB Up**
- BTB Bounce**

**(C.) Aborted Finish**

- Cover**
- Hannah Jud**
- One Arm Cover**
- Extend**
- Euro**

**(D.) Coming off of Ball Screen**

- Jump Stop Chest Bounce**
- Jump Stop Inside Hand Bounce**
- Hook Over**
- Bowl**
- Lob Lead**
- Inside High**
- Stride Back**
- Jump Stop Cross Step**
- Extend to Bullet**

## **AGAINST PRESSURE & CONTACT**

### **(E.) Traffic Passing: Jump Stops**

- Strong Side Kick**
- Strong Side Cross Out**
- Strong Side Pivot Out**
- Strong Side Kick Up**
- Strong Side Reverse Pivot Out**
- Weak Side Kick**
- Weak Side Cross Out**
- Weak Side Pivot Out**
- Weak Side Reverse Pivot Out**
- Weak Side Kick Up**

### **(F.) Traffic Passing: Stride Stops**

- Strong Side Pivot Up**
- Strong Side Pivot Back Around**
- Weak Side Pivot Up**
- Weak Side Pivot Back Around**

### **(G.) Against Trapping**

- Attack the Second**
- Attack the First**
- Early Split**
- Break the Glass**

## NAVIGATION

### GETTING OPEN

#### (A.) Physical

- Split
- Top Leg
- Top Leg Pause & Go
- Spin Seal both ways
- Arm Bar

#### (B.) Avoidant

- Back Door
- Fake Back Door Get
- Handoff
- Fake Handoff ("Fan")
- Fake Handoff Curl
- V Cut
- L Cut
- Banana Cut

### OFF BALL SCREEN USE

#### (A.) Staples

- Down
- Back Screen
- Flex
- Flare
- Cross
- Elevator
- Hammer
- Stagger

#### (B.) Split Screens

- Dive
- Curl
- Out
- Wrap Back

## **BALL SCREEN USE**

### **(A.) Set Ups**

- Spin Speal**
- Reverse Pivot Seal**
- BTL Seal**
- BTB Seal**
- Fake Spin**
- Reject**
- Puncher's Protect**

### **(B.) Coming Off Use**

- Sagittal Down**
- Sagittal Out**
- Cross Step Out**
- Glide Out**
- Snake**

## **CUTTING**

### **(A.) Standards**

- Face Cut**
- Back Door**
- Curl**
- Short Back Door**
- Ghost**
- Slip**
- Iverson**
- Cross**
- 45**

## **MOVING LIKE A SHOOTER**

### **(A.) Standards**

- Slides**
- Straight and Pivot**
- Rounded**
- Back Pedal**
- Cross Step Out**

## **MOVING TO CATCH AND SHOOT**

### **(A.) Standards**

- Inside, Outside**
- Inside Foot, Step Hop**
- Outside Foot, Step Hop**
- Corner Pop: Reverse into the Pop**

## **HANDOFFS**

### **(A.) Standards**

- Jump Stop De Facto Screen**
- Monsey Handoff**
- Pitch**
- Dribble Touch**
- Fan Curl**
- Fan Twist**
- Fan Flare**

# DEVELOPING LIFE SKILLS

## Awareness of behaviors to praise or correct within Grapevine Basketball

1. Make players make eye contact while you talk to them in a group setting - no wandering eyes
2. Make players assume a listening posture while you talk to them in a group setting
3. Make players be on time

### ATTITUDE

#### Praise...

- Enthusiastic participation
- Providing positive energy to a practice/game
- Any extraordinary examples of hustle
- Asking for help from teammates or coaches

#### Correct...

- Moping and disengagement from peers
- Uncontrolled mistake response
- Rude comments after a mistake

### COMMUNICATION

#### Praise...

- Eye contact
- Acknowledgment of listening
- Reminders to teammates

#### Correct...

- Lack of eye contact
- Not paying attention
- Distracting others

### CONFIDENCE

#### Praise...

- Encouragement and compliments to others

#### Correct...

- Negative self talk
- Making fun of teammates

### LEADERSHIP

#### Praise...

- Helping teammates/coaches when needed
- Supporting teammates through mistakes
- Helping clean up the gym/locker room

#### Correct...

- Yelling at teammates

### RESPECT

#### Praise...

- Shaking hands & saying "good game"
- Having good manners
- Accepting the officiating

#### Correct...

- Arguing with coaches, teammates, officials
- Taunting opponent or showboating
- Inappropriate language
- Mumbling under breathe
- Talking behind teammates back

### RESPONSIBILITY

#### Praise...

- Being on time
- Helping manage equipment

#### Correct...

- Being late
- Unexcused practices missed
- Forgetting equipment

### TEAMWORK

#### Praise...

- We over me
- Taking responsibility as a group
- Making the "extra" pass

#### Correct...

- Selfishness
- Blaming others
- Improper connection to team vs individual results

### LIFESTYLE HABITS

#### Praise...

- Well-balanced diet
- Hydration, sleep, academics, family time

# 1ST-3RD GRADE - FOUNDATIONAL STAGE

## THOUGHTS AND SKILLS

### THOUGHTS FOR GRADES 1-3

**-Constraints:** The capabilities of players are very much effected by personal constraints (strength, power, limb length, coordination, etc.). Shooting is the skill most drastically effected. Ball handling and footwork are the only skills unaffected. Use age-appropriate goal heights only, and attempt to always fit in ball handling and footwork development.

**-Purpose:** This age group should be about learning and having fun. Don't lose sight of having fun to emphasize winning - in practice or games. Try to teach basketball through games as much as possible, and less through instruction and drills. Emphasize life skills through basketball and promote proper conduct/behaviors.

**-Movement Patterns:** Help build proper fundamental movement patterns (balancing, running, jumping, pivoting, etc.) through dynamic warmups and games. At this age, developing movement patterns has more value than complexity in teaching tactics & strategy like man offenses, zone defenses, etc.

**-Playing Time:** All players should get to participate and playing time should be distributed evenly. Do not make players feel less than others in this stage of development.

**-Skill Development:** Teach "positionless" basketball, meaning all players learn all skills. There should be no breakdown drills separating guards and posts.

**-Practice Considerations:** Attention spans are very short. Keep everyone involved as much as possible in practice. Limit time spent waiting in lines, for games to finish, for instruction to end, etc. Be prepared to manage limited practice resources carefully

**Rules and Terminology:** Don't assume players know the rules. Use common language to describe positions, places, equipment. Take the time to explain basic court markings and rules.

**Ball Handling:** Familiarize players with different paces with ball. Make them develop both hands.

**Passing/Catching:** Introduce basic chest, bounce, and over head passes. Make players catch on two feet, with two hands, and with two eyes.

**Pivoting:** Teach power jump stops, and front pivot variations. Teach players to avoid "Turtling" --turning your back to the defense to avoid pressure.

**Shooting:** Teach BEEF (Balance-Establish-Elevate-Follow Through). Use age appropriate goals and smaller balls if possible to minimize constraints.

**Layups:** Introduce basic layup technique from both sides – OFF OF TWO FEET ONLY. Shoot LOTS and LOTS of layups with both hands.

**Team Offense:** Have a motion continuity offense. Talk about spacing/cutting. Emphasize distance between players (10-12 feet) for spacing, and discourage off the ball players from crowding the ball. Get players moving and not standing. DO NOT build an extensive playbook.

**Team Defense:** Teach players to match up to an opposing player and stay with them through offensive movement. Teach seeing both but no shell concepts. Emphasize staying between the man and basket. Do not teach zone defense.

**Individual Defense:** Teach proper defensive stance , slides, recovery, mirroring.

# 1ST-3RD GRADE - FOUNDATIONAL STAGE GAMES AND DRILLS

## GAMES FOR GRADES 1-3 DRILLS FOR GRADES 1-3

### **Dribble Tag**

Teaches protect dribbles, off hand, evading defenders, and dribbling with head up.

### **Red Light, Green Light**

Develops agility, acceleration, Deceleration, ball handling, pacing, mirroring.

### **Ultimate Basketball**

Teaches cutting, passing, pivoting, catching.

### **Dynamic Warmup**

5 minutes each practice to develop movement patterns and balance.

### **Two Foot Layup**

Teaches the base for two foot finishes, best power for age.

### **Form Shooting**

As much as possible. DO NOT ALLOW BAD MECHANICS!

### **Stationary Ball Handling**

Familiarize players with the ball in the simplest drills possible.

### **Full Court Dribbling**

Teaches pacing, stopping, different planes.

### **2v2 and 3v3 Transition**

Teaches communication, transition offense and defense, as well as advantage and disadvantage situations.

# 4TH-6TH GRADE - FUNDAMENTAL STAGE

## THOUGHTS AND SKILLS

### THOUGHTS FOR GRADES 4-6 SKILLS FOR GRADES 4-6

**Constraints:** Personal constraints are still evident but all players should be able to shoot on a 10-foot goal. Players should be able to have consistent mechanics with their shot. Ball handling skills are unaffected by constraints and should continue to be pushed for further development.

**-Purpose:** This age group should still be about learning and having fun but winning and losing games or drills should be introduced. Continue to teach basketball through games but incorporate more serious drills and instruction. Emphasize life skills through basketball and promote proper conduct/behaviors.

**-Movement Patterns:** Help build proper fundamental movement patterns (balancing, running, jumping, pivoting, etc.) through dynamic warmups and games with added stimuli to make games more challenging. Incorporate tools like the reaction ball and agility ladder into training.

**-Playing Time:** Distribute playing time relatively evenly. All players should get to participate in each contest.

**-Skill Development:** Teach "positionless" basketball, meaning all players learn all skills. There should be no breakdown drills separating guards and posts.

**-Practice Considerations:** Attention spans are very short.

**-Offseason Programming:** Players have the opportunity to develop basketball skills through seasonal skill camps in the offseason, playing AAU, as well as summer camp.

**Rules and Terminology:** Don't assume players know the rules. Use common language to describe positions, places, equipment. Take the time to explain basic court markings and rules.

**Ball Handling:** Introduce drive starts out of love dribble or jab, crossovers, and stops. Emphasize weak hand development.

**Passing/Catching:** Incorporate pass fakes. Pass with each hand. Develop passing and catching skills on the move - "Ball in the air, feet in the air." Make players catch on two feet. Emphasize MEETING THE PASS!

**Footwork:** Place a heavy emphasis on jump stops and inside-outside foot to catch. Introduce Triple Threat position, and the basics of the jab series (Jab, Rip, Cross Step, Shot Fake). Teach players to avoid turning back to the defense to avoid pressure.

**Shooting:** Start from BEEF teaching format. Work up to 1,2 and hop catches with feet. Start teaching pullup footwork.

**Layups:** Begin teaching off of one-foot. Place an emphasis on playing off of two feet.

**Rebounding:** Teach boxing out and timing.

**Team Offense:** Teach a continuity offense. Teach spacing/cutting. Emphasize distance between players (12-15 feet) for spacing. Teach basic screening concepts. Get players moving. DO NOT build an extensive playbook.

**Team Defense:** Make sure players see the ball at all times and move when the ball moves. Introduce basic off the ball defensive principles. Understand being in help and rotating. NO ZONE DEFENSE.

**Individual Defense:** Refine proper defensive stance and slides out of snowboard style. Introduce cross step. Continue working recovery. Continue working full court mirroring for soccer style. Teach proper closeout technique.

# 4TH-6TH GRADE - FUNDAMENTAL STAGE GAMES AND DRILLS

## GAMES FOR GRADES

4-6

### **Dynamic Warmup**

5 minutes each practice to develop movement patterns and balance.

### **Coach Says: FW & BH**

Teaches players how to listen and develops movement patterns.

### **Dribble Tag**

Teaches protect dribbles (Body between ball and defense), evading defenders, and dribbling with head up.

### **Red Light, Green Light**

Develops agility, acceleration/deceleration, and ball handling.

### **Ultimate Basketball**

Teaches pivoting, passing and catching under pressure.

## DRILLS FOR GRADES

4-6

### **Footwork Warmup**

5 minutes each practice to develop both pivot feet.

### **Agility Ladder & Reaction Ball**

Developing foot speed, quickness and coordination.

### **Form Shooting**

Scaffolding. Pullup Scaffolding. In and ups.

### **Introduce Four Ball Shooting & Partner Shots**

Volume shooting, teaching shooting prep and communication, and allows players to work on movement.

### **Half Court Shell**

Teaches fundamental team and individual defensive principles. Emphasize jumping to ball.

### **Stationary Ball Handling**

Get players accustomed to the routine of working on their handles before practice begins as a part of their warmup.

### **Full Court Transition**

Teaches basic speed dribbling navigation and defensive techniques in speed setting.

### **Basic Two Foot and One Foot Layup Package**

As much as possible and from all angles.

### **Getting Open**

Introduce physical and avoidant ways of getting open to receive passes.

### **Offense Dry**

Learning and knowing the offense by heart is huge. But also, this is a major building block for players to know more intricate versions of the offense as they age up in

### **Passing**

Partner passing should happen at least every other day.

### **Transition**

Begin working transition situations as much as possible. Emphasize advancing the ball ASAP.

# 7TH & 8TH GRADE - TRAINING STAGE

## THOUGHTS AND SKILLS

### THOUGHTS FOR GRADES 7 & 8

**-Constraints:** They are mostly gone but the constraints still present mostly relate to puberty. There is a wide range of physical development to manage. Don't get fixated on athletes solely due to maturity at this age.

**-Purpose:** Prepare players for the high school system. Emphasize life skills through basketball and promote proper conduct/behaviors. **MANNERS MATTER!**

**-Movement Patterns:** Help build proper fundamental movement patterns (slides, cross step, soccer style, verticality, pivoting, etc.) through dynamic warmups. Continue incorporating tools like agility ladder into training.

**-Playing Time:** Coaches divide playing time based on merit, but attempt to find development opportunities for all. All players do not need to play in each contest.

**-Skill Development:** Continue to teach "positionless" basketball, but introduce guards and posts based on skill levels and strengths. The goal is a fungible roster, but this isn't always feasible.

**-Practice Considerations:** We now have daily practice time with more mature players so we must get more in depth with teaching and system concepts.

**-Part to Whole Reads:** We still want to use 2v2, 3v3. And 4v4 often, especially to breakdown our system of play. SSG allows more players to simplify and make decisions.

**-Athletic Development:** Players should begin to develop their bodies through body weight exercises - chin up, lunge, pushup, medicine ball squats, core training. Weight Room learning in off-season times. Form and technique above all else.

**-Offseason Programming:** Players have more opportunities to train and play in the offseason with year round open gyms, seasonal skill camps, playing AAU, summer camp.

**-Basketball System Integration:** Players and teams should be learning concepts connected to the high school program. Certain offensive concepts, defensive concepts, fundamentals and cultural emphasis should begin to be taught.

### SKILLS FOR GRADES 7 & 8

#### Carry Over From Previous Development Stage

**Rules and Terminology:** Don't assume players know the rules. Use common language to describe positions, places, equipment.

**Ball Handling:** All crossovers should be nearly mastered. Stops and jab starts should be comfortable. Begin teaching screen setups and protect series.

**Passing:** Introduce post entries. Post entries will aid in diversifying pass fakes for perimeter passing. Emphasize safe passing. Emphasize full court passing.

**Pivoting:** Continue to place a heavy emphasis on the jump stops and pivoting off of each foot with comfort. Progress to reverse pivots with each foot. Teach pivoting under pressure.

**Shooting:** Emphasize footwork for shooting off the catch and off the dribble to where it is comfortable. Begin the easiest versions of foot replacement shooting. Do not allow them to shoot past their range. Begin allowing threes to those who can without altering their form.

**Layups:** Practice contested layups often. Introduce half of the one foot layup package and two foot layup series.

**Rebounding:** Place a heavy emphasis on boxing out and perform a rebounding specific drill each practice. Emphasize pursuing the ball, elbows, and pivoting out.

**Cutting:** Teach using their blinkers for pass receptions. Teach entire get open series no matter their "position."

**Team Offense:** Implement staple sets with interchangeable parts to fit personnel. Have an organized 4 out transition. Install "Horns" and "X" zone offenses.

**Guard Play:** Emphasize stopping and retreating abilities and variances. Begin teaching ball screen set ups and ball screen passes as well as post entries.

**Post Play:** Teach basic post moves (Drop step and hook steps) and techniques for gaining interior position. Introduce and stress perfect screening technique.

**Team Defense:** Foster comfort seeing ball, jumping to ball, bumping & escorting setters. Introduce ball screen defense. Shell every practice. Install a man press and 2-2-1. Work on transition defense at least every other day. Have a systematic approach to ball screen defense. Can introduce a 2-3 and 1-3-1 zone.

**Individual Defense:** Emphasize every player regardless of position being able to switch and to defend 1-5 where players who can do so are prioritized. We are defense first top down.

# 7TH & 8TH GRADE - TRAINING STAGE

## GAMES AND DRILLS

### DRILLS/GAMES

## FOR GRADES 7 & 8

#### **Dynamic Warmup**

5 minutes each practice to hone our defensive footwork progressions.

#### **Footwork Warmup**

Before practice starts, players begin with our pivot series along the arc.

#### **Shell Defense Progressions**

Passing, cutting, penetration, ball screens.

#### **Zig Zag Progression**

Teaches snowboard, cross steps, cut offs, and recovery.

#### **Donovan Mitchell**

Teaches pivoting, ball-handling under pressure, understanding individual possession time as well as creating & maintaining defensive pressure.

#### **Partner Passing**

Teaches comfort with variety and creating angles.

#### **Stationary Warmup Ball Handling**

Players should be able to do this every day before practice begins.

#### **Transition Ball-Handling**

Creating comfort with an up-tempo pace.

#### **Hard Stops and Retreats**

These are the bedrock of maintaining one's dribble to not kill possessions.

#### **Form Shooting**

Should be every day before practice begins. Progressions based on ability.

#### **Four Ball Team Shooting Drill**

Volume shooting, teaching shooting prep movement, footwork, and communication.

#### **Guards and Posts**

Specific skills that are necessary and frequent within the flow of our offenses.

#### **Numbers Rebounding**

This needs to occur every other day. We cannot get out in transition without possession!

#### **Circle Transition**

Teaches communication, transition offense and defense, boxing out, as well as advantage and disadvantage situations.

#### **USA Transition**

Teaches quick decision making, conditioning, transition principles.

#### **Ultimate Basketball**

Teaches pivoting, passing, possession value.

# FRESHMEN TEAM - COMPETITION STAGE

## THOUGHTS AND SKILLS

### THOUGHTS FOR FRESHMAN TEAM

**-Purpose:** To implement and refine the complete our program's system of play, and to compete to win championships. Emphasize life skills through basketball and promote proper conduct/behaviors.

**-Playing Time:** The players that give the team the best chance to win get to play. At freshman level, individual development curves are factored in.

**-Skill Development:** Skills are refined and enhanced. A major emphasis is placed on decision making, understanding advantage/disadvantage states, and transferring advantages. Players begin to specialize in their role that will best benefit the program. Players must sacrifice their game for the good of the team. Shot selection starts to get its heaviest emphasis. Mental skills are introduced as a part of player development.

**-Part to Whole Reads:** Part to whole drills and scenarios are used frequently and are scaffolded as much as possible, especially in the offseason to promote decision making and to breakdown our system of play.

**-Athletic Development:** Our athletic development is now a year round periodized process. Players have access to a sport performance company during the Summer (Performance Course is preferred). All players are tested and measured, and growth is recorded. We implement recovery techniques such as the cold bath and foam roll to help athletes recover quicker.

**-Offseason Programming:** Our skill development is now a year round process.

**-Basketball System Integration:** All levels of the high school program should be learning the Varsity's System, scaled to their current level. As players have moved through the program, their baseline understanding of what we do should expand at each stop.

### SKILLS FOR FRESHMAN TEAM

#### Carry Over From Previous Development Stage

**Ball Handling:** All crossovers, stops, and retreats should be natural at this point. A large emphasis should be placed on mastery of drive starts. Guards especially need to begin establishing protect series and salsa.

**Passing:** Every kind of standard pass we make should be mastered at the end of this level. Ball protection heavily stressed.

**Pivoting:** Players should be able to use and be comfortable with either pivot foot for standard and reverse pivots. Players should be able to drive out of all pivots comfortably.

**Shooting:** Demand consistency in shooting prep. Refine shooting off the move and off the dribble. Shooting mechanics are refined for quickness.

**Finishing:** Introduce the entirety of one foot and two foot finishing packages.

**Rebounding:** Implement "Check-Hit-Get" technique.

**Cutting:** Development of the cuts specifically from our offensive system.

**Team Offense:** Refine all staple sets in our system of play. Execute an organized transition break that can flow seamlessly into half court offense.

**Guard Play:** Guards should be able to set up screens, shoot off of the dribble, and handle full court pressure.

**Post Play:** Post players should be able to operate out of a standard pivot or reverse pivot comfortably.

**Team Defense:** Shell incorporates off ball screens and different ball screen schemes are introduced. An aggressive 2-3 and 1-3-1 should be comfortable. 2-2-1 FC press should be comfortable. 1-2-2 introduced.

**Individual Defense:** Players 1-5 expected to be able to defend the perimeter and post.

# FRESHMAN TEAM - COMPETITION STAGE

## DRILLS FOR FRESHMAN TEAM

**Pre-Practice:** As players enter the gym before practice, there are footwork, ballhandling, and form shooting routines.

**Warmup:** Five minutes of defensive footwork technique work.

**Ball-Handling:** Every day the sub-varsity needs to cultivate ball-handling ability to the point they are varsity ready.

**Drive Starts:** Every day the sub-varsity needs to work on and begin elite ability at building blocks for other advanced movements and skills.

**Defensive Specialty Work:** Every day the sub-varsity needs to work on some form of individual defense whether it be closeouts, on ball pressure, or technique.

**Guard/Post Breakdown:** 10-20 minutes of focused skill development on skills directly related to specific positions in our system.

**Finishing:** 10-12 minutes every day of some form of finishing whether off of one or two feet.

**Team Shooting:** 10-15 minutes of shooting as a team or in partners. We need to take a wide variety of shot types for comfort.

**Rebounding:** 5-10 minutes specifically working on boxing out and rebounding every day.

**Passing:** Every day players of all positions need to work on passes that happen within the flow of our offense.

**Getting Open:** We cannot begin to concern ourselves with execution if the offense cannot start due to skill issues moving the ball from A to B.

**Shell Defense:** 10-15 minutes of shell every day to develop elite rotations.

**Transition O vs D:** 10-12 minutes of live transition play every day. We want to be comfortable playing up-tempo. More importantly, the sub-varsity level is usually reliant on full court scenarios for scoring where offensive execution often is not how games are decided.

**Team Offense:** 10-15 minutes of dry offense and scrimmaging. Our system has to be second nature but also we need as much playing time to iron out reads and counters.

**Full Court Defense:** 10-15 minutes every day of one of our presses.

### **If necessary, the sub-varsity phases drills**

**Phase A:** On air, dry, teaches technique

**Phase B:** Against guided players, introduce a read

**Phase C:** Add freedom of choice to adjust the read

**Phase D:** Live drill, decisions in a game-like setting

We try to stay in Phases C & D as much as possible after we've taught technique and basic reads. We sometimes teach our core concepts in a progression, sometimes ranging all the way from Phase A to Phase D.

# JUNIOR VARSITY TEAM-COMPETITION STAGE THOUGHTS AND SKILLS

## THOUGHTS FOR JV TEAM

**-Purpose:** To implement and refine the complete our program's system of play, and to compete to win championships. Emphasize life skills through basketball and promote proper conduct/behaviors.

**-Playing Time:** The players that give the team the best chance to win get to play. At JV level, individual development curves are factored in much less. We hope to groom varsity ready players.

**-Skill Development:** Skills are refined and enhanced. A major emphasis is placed on decision making, understanding advantage/disadvantage states, and transferring advantages. Players begin to specialize in their role that will best benefit the program. Players must sacrifice their game for the good of the team. Shot selection can impact playing time.

**-Part to Whole Reads:** Part to whole drills and scenarios are still used and scaffolded but not to the degree the freshman team does.

**-Athletic Development:** Our athletic development is now a year round periodized process. Players have access to a sport performance company during the Summer (Performance Course is preferred). All players are tested and measured, and growth is recorded. We implement recovery techniques such as the cold bath and foam roll to help athletes recover quicker.

**-Offseason Programming:** Our skill development is now a year round process.

**-Basketball System Integration:** All levels of the high school program should be learning the Varsity's System, scaled to their current level. As players have moved through the program, their baseline understanding of what we do should expand at each stop.

## SKILLS FOR JV TEAM

### Carry Over From Previous Development Stage

**Ball Handling:** All crossovers, stops, retreats, and drive starts should be mastered before going to varsity. Guards especially need to be comfortable with protect series and salsa work. Guards are not varsity ready if they do not naturally keep dribble on drives and off of screens.

**Passing:** At this level passing on the move is introduced and stressed.

**Pivoting:** Players must master all pivot variations if they are to be varsity players. Players should be able to drive out of all pivots naturally.

**Shooting:** Shooting mechanics are refined for quickness. Players need to have three point range for varsity play.

**Finishing:** Players at this level are comfortable with all of one foot and two foot finishing packages.

**Rebounding:** Players naturally use "Check-Hit-Get" technique and understand box out angles for efficiency.

**Cutting:** Development of the cuts specifically from our offensive system.

**Team Offense:** Refine all staple sets in our system of play. Execute an organized transition break that can flow seamlessly into half court offense.

**Guard Play:** Guards should be able to set up screens, shoot off of the dribble, and handle full court pressure.

**Post Play:** Post players should be able to operate out of a standard pivot or reverse pivot comfortably with a variety of counters.

**Team Defense:** Shell incorporates off ball screens and different ball screen schemes are introduced. An aggressive 2-3 and 1-3-1 should be comfortable. 2-2-1 FC press should be comfortable. 1-2-2 introduced.

**Individual Defense:** Players 1-5 expected to be able to defend the perimeter and post.

# JUNIOR VARSITY TEAM-COMPETITION STAGE

## DRILLS FOR THE JUNIOR VARSITY TEAM

**Pre-Practice:** As players enter the gym before practice, there are footwork, ballhandling, and form shooting routines.

**Warmup:** Five minutes of defensive footwork technique work.

**Ball-Handling:** Every day the sub-varsity needs to cultivate ball-handling ability to the point they are varsity ready.

**Drive Starts:** Every day the sub-varsity needs to work on and begin elite ability at building blocks for other advanced movements and skills.

**Defensive Specialty Work:** Every day the sub-varsity needs to work on some form of individual defense whether it be closeouts, on ball pressure, or technique.

**Guard/Post Breakdown:** 10-20 minutes of focused skill development on skills directly related to specific positions in our system.

**Finishing:** 10-12 minutes every day of some form of finishing whether off of one or two feet.

**Team Shooting:** 10-15 minutes of shooting as a team or in partners. We need to take a wide variety of shot types for comfort.

**Rebounding:** 5-10 minutes specifically working on boxing out and rebounding every day.

**Passing:** Every day players of all positions need to work on passes that happen within the flow of our offense.

**Getting Open:** We cannot begin to concern ourselves with execution if the offense cannot start due to skill issues moving the ball from A to B.

**Shell Defense:** 10-15 minutes of shell every day to develop elite rotations.

**Transition O vs D:** 10-12 minutes of live transition play every day. We want to be comfortable playing up-tempo. More importantly, the sub-varsity level is usually reliant on full court scenarios for scoring where offensive execution often is not how games are decided.

**Team Offense:** 10-15 minutes of dry offense and scrimmaging. Our system has to be second nature but also we need as much playing time to iron out reads and counters.

**Full Court Defense:** 10-15 minutes every day of one of our presses.

### **If necessary, the sub-varsity phases drills**

**Phase A:** On air, dry, teaches technique

**Phase B:** Against guided players, introduce a read

**Phase C:** Add freedom of choice to adjust the read

**Phase D:** Live drill, decisions in a game-like setting...

We try to stay in Phases C & D as much as possible after we've taught technique and basic reads. We sometimes teach our core concepts in a progression, sometimes ranging all the way from Phase A to Phase D.

# VARSITY TEAM - COMPETITION STAGE

## THOUGHTS AND SKILLS

### THOUGHTS FOR VARSITY

- Purpose:** To compete to win championships. Emphasize life skills through basketball and promote proper conduct/behaviors.
- Playing Time:** The players that give the team the best chance to win get to play.
- Skill Development:** Skills are refined and enhanced to the highest degree. Decision making, understanding advantage/disadvantage states, and transferring advantages is natural. Players specialize in their role that will best benefit the program. Players must sacrifice their game for the good of the team. Shot selection can make or break playing time.
- Part to Whole Reads:** Part to whole drills and scenarios are still used but the least amount at the varsity level.
- Athletic Development:** Our athletic development is a year round periodized process. Players have access to a sport performance company during the Summer (Performance Course is preferred). All players are tested and measured, and growth is recorded. We implement recovery techniques such as the cold bath and foam roll to help athletes recover quicker.
- Offseason Programming:** Our skill development is a year round process.
- Basketball System Integration:** The system is tailored to and is centered on the varsity team. Every aspect of the system is implemented and varsity players are supposed to not only know the system by heart but be so versed within it that they aid in developing and assisting sub-varsity players for integration into the varsity. Some players are more useful within the system depending on how variant their skillsets are where we aim to have fungible personnel as much as possible.

### SKILLS FOR VARSITY

#### Carry Over From Previous Development Stage

- Ball Handling:** All ball-handling work should be maintenance based as the varsity is expected to have mastered every part of the ball-handling curriculum. The ability to handle pressure is a given.
- Passing:** Every kind of standard pass we make is mastered at this level. Varsity players are comfortable passing on the move. Ball protection is expected.
- Pivoting:** Varsity players have mastered every aspect of our footwork curriculum.
- Shooting:** Shooting mechanics are refined for quickness. Three point range is a given.
- Finishing:** Varsity players regularly utilize every finish we have in the player curriculum.
- Rebounding:** "Check-Hit-Get" technique and boxing out angles are natural.
- Cutting:** Varsity players refine the timing of cuts and naturally cut hard.
- Team Offense:** Refinement of all staple sets in our system of play. Transition flows seamlessly into half court offense.
- Guard Play:** Guards naturally set up screens, shoot off of the dribble, handle full court pressure, find their teammates, can make all manner of pass within framework of offense.
- Post Play:** Post players have mastered operating all of our post moves from the curriculum.
- Team Defense:** Varsity can vary all schemes for all screens and motions. Every press is installed.
- Individual Defense:** Players can guard all positions and have mastered perimeter and full court man principles and techniques.

# VARSITY TEAM - COMPETITION STAGE

## DRILLS FOR VARSITY

**Pre-Practice:** As players enter the gym before practice, there are footwork, ballhandling, and form shooting routines.

**Warmup:** Five minutes of defensive footwork technique work.

**Ball-Handling:** Specific ball-handling gets relegated to guard and post work but also the warmup ballhandling will differ in the pre-practice warmup to sustain certain skillsets.

**Defensive Specialty Work:** Every day the varsity will also still work on some form of individual defense whether it be closeouts, on ball pressure, or technique. This is something to be sustained but also it can be contextual to the personnel we are preparing to play against.

**Guard/Post Breakdown:** 15-20 minutes of focused skill development on skills directly related to specific positions in our system. There are guard and post skills that are particular to our offensive system but also is contextual dependent based on personnel and scheme we are preparing to play against.

**Finishing:** 5-10 minutes every day of some form of finishing whether off of one or two feet.

**Team Shooting:** 10-20 minutes of shooting as a team or in partners. We need to take a wide variety of shot types for comfort.

**Rebounding:** 5-7 minutes specifically working on boxing out and rebounding every day.

**Passing:** Specific passing often gets relegated to guard and post work. We will sporadically include this in the first portion of practice as we warm up our bodies toward contact in practice.

**Shell Defense:** 15-30 minutes of shell every day to develop elite rotations.

**Transition O vs D:** 12-15 minutes of live transition play every day. We want to have significantly better stamina than other teams to maintain an up-tempo style.

**Team Offense:** 15-30 minutes of dry offense and scrimmaging. Our system has to be second nature but also we need as much playing time to iron out reads and counters.

**Full Court Defense:** 15-30 minutes every day of one of our presses.

**Scout Prep:** 10-20 minutes of practice per day to prepare for what the opposition does that does not fall within simple parameters of shell or dry work.

**Film Prep:** 15-25 minutes for each opponent that we face during one of our practice sessions before contests with opponents.

**Individual or Position Film Sessions:** 5-10 minutes sessions with our players showing specific alterations or positives that occurring within our games.

The biggest difference between the sub-varsity teams and the varsity team practices is the delineation of and emphasis on skill and technical development at the lower levels compared to the varsity's application of those skills as a norm within the flow of practice and games. With the goal of having the best technique in Texas in mind, the varsity will still very much emphasize or work on individual fundamentals and skills, just not to the developmental and learning degree as the sub-varsity.

# **COACHING CUES**

## **DEFENSIVE-REBOUNDING**

- (1.) Always assume shots are misses***
- (2.) All five players rebound***
- (3.) Check-Hit-Get***
- (4.) Angle them out with box out***
- (5.) Time the release, catch at highest point***
- (6.) CATCH WITH TWO HANDS! ELBOWS OUT!***

## **OFFENSIVE-REBOUNDING**

- (5.) Swim, spin, pull chair, circle under, seal them in, mow techniques***
- (6.) Crash to get real estate (mid-paint)***
- (7.) Tap outs extend possessions***

# **Blank HS BASKETBALL**

## **COACHING CUES**

### **FOULING**

***(1.) Be DISCIPLINED on the ball - Hands off, move feet, show hands to the officials; “Ride the bull” and show off your technique***

***(2.) Contest ALL shots without fouling. DO NOT swipe down at the rim—VERTICALITY! Make them make the shot!***

***(3.) STAY DOWN on shot fakes and at the end of drives. We don't jump.***

***(4.) No foolish fouls out of scoring range.***

# **Blank hs BASKETBALL**

## **COACHING CUES**

### **INDIVIDUAL DEFENSE**

- (1.) Wide, wide, wide. Take up space***
- (2.) Lila hands (cross and poke)***
- (3.) Boxer's gait***
- (4.) Stop her with torso, engulf with width***
- (5.) Turn and run***
- (6.) Cutt off her ball side shoulder vs drive***
- (7.) Cat stuff; active hands***
- (8.) The play goes on...finish them***
- (9.) Dead balls die!***
- (10.) Loose balls: own the floor, first to the floor***
- (11.) Make them bounce passers***

# **Blank HS BASKETBALL**

## **COACHING CUES**

### **OFF-BALL DEFENSE**

- (1.) Guns out: see both and point both***
- (2.) Can't see both? Back up***
- (3.) Beat passes there***
- (4.) Track ball in the air with closest hand***
- (5.) Bump and escort cutters***
- (6.) Hands up, hands everywhere, kick balls***
- (7.) Deflections lead to steals***
- (8.) Loose balls: own the floor, first the floor***
- (9.) Cross your gaps***
- (10.) Make them bounce passers***
- (11.) Dead balls die!***

# **Blank HS BASKETBALL**

## **COACHING CUES**

### **TRANSITION DEFENSE**

- (1.) No BS: get back immediately***
- (2.) First three steps – jump to ball***
- (3.) Stop the ball, form the wall***
- (4.) No matchups, stop their momentum***
- (5.) Who can get all five to basket? O or D?***
- (6.) “Just get there.”***
- (7.) Get there. Form wall. Get settled. Take up space***
- (8.) No paint, no paint, no paint.***
- (9.) Mistakes happen with rotations: take initiative and then others will have to take initiative; who’s not working? Don’t be her!***

# **Blank HS BASKETBALL**

## **COACHING CUES**

### **TRANSITION OFFENSE**

- (1.) LOUD outlets. Strong, hard pass***
- (2.) Wide, wide, wide: run the sideline***
- (3.) Wings win the corners: HC and FC***
- (4.) ADVANCE BALL AS SOON AS POSSIBLE!!!***
- (5.) Passes win: the ball finds energy***
- (6.) Easy, advantageous, or execute. Up-tempo does not mean reckless***
- (7.) Speed Kills***
- (8.) Bigs are the biggest transition winners***
- (9.) If you aren't stopped, keep going!***
- (10.) It's still transition until defense sets***
- (11.) Don't let them get set!***

# **Blank HS BASKETBALL**

## **COACHING CUES**

### **OFFENSE**

- (1.) Take what they give***
- (2.) Wait for and work for the best shot***
- (3.) Dribble for real estate, angles, advantages***
- (4.) No contested shots!***
- (5.) Wait for screens!***
- (6.) Screen a human being! Screen under and screen big***
- (7.) Hunt for assists: the open player, hockey assists, screen assists, draw defenders***
- (8.) Jump stops are your safety valves for retaining and maintaining possessions***

# **Blank hs BASKETBALL**

## **COACHING CUES**

### **FOOTWORK**

- (1.) Meet passes: “Ball in the air, feet in the air”***
- (2.) Elbows first!***
- (3.) High rips, low rips, mid rips, RIP!***
- (4.) Violence of action***
- (5.) Take up space: feet far apart, be big & wide***
- (6.) Change levels/depths; force D to adapt***
- (7.) Ball outside of the body, elbows lead the way***
- (8.) Pivot to see, to create advantage, to create angle, to create space, to buy time***

# **Blank hs BASKETBALL**

## **COACHING CUES**

### **BALL-HANDLING**

- (1.) Dribbles are outside of body's width***
- (2.) Only crossover is inside the body's width***
- (3.) Wide feet, hips faced, folded torso***
- (4.) Remain multi-angular or get multi-angular as soon as possible***
- (5.) Steps must advance: ball follows the foot, where it WILL be; ball is never with the body or behind***
- (6.) Off-hand should always be protecting***
- (7.) Swipe the off hand: swim down, smack down, swipe up***
- (8.) Take what defender gives: any dribbling is to get the ball in advantageous area***

# **Blank hs BASKETBALL**

## **COACHING CUES**

### **PASSING & CATCHING**

- (1.) Meet the pass!***
- (2.) Catch with two hands always***
- (3.) Elbows out and pivot on catch to face up***
- (4.) Parallel passing is safe passing***
- (5.) Ready receivers only; always check first***
- (6.) Good receivers use their blinkers to indicate intent to passers***
- (7.) Good receivers give passer a target away from defenders***
- (8.) “Fake one to make one.”***
- (9.) Dribble or pivot to create the angle needed to complete necessary pass***

# **Blank hs BASKETBALL**

## **COACHING CUES**

### **SHOOTING**

- (1.) Look like & move like a shooter: hips & shoulders faced, hands out, balanced legs***
- (2.) Middle the ball after the catch.***
- (3.) Bend to dip, down to up. Stay boxed***
- (4.) The ball goes up first. Stay boxed***
- (5.) Straight down, straight up, straight out***
- (6.) Elbow down, wrist down, middle finger down. The guide hand follows!***
- (7.) Push into the floor ; “legs” means nothing. Shooting is about rhythm***
- (8.) Hold entire frame up and leave it on the finish; show off your technique!***

# **Blank hs BASKETBALL**

## **COACHING CUES**

### **FINISHING**

- (1.) Playing off of two is safest and gives the most options for finish or pass out***
- (2.) Finishing off of one foot is best suited for advantageous degrees of separation, usually speed oriented***
- (3.) When speeding, remember “ever so gently” because of the physics involved***
- (4.) Both hands, strong hands, elbows out***
- (5.) We can’t dip the ball below belly button***
- (6.) Shot fakes and pivots are your best friends; don’t settle for a bad angle or bad real estate, create what is needed or pass out***

# **Blank hs BASKETBALL**

## **COACHING CUES**

### **DRIVING**

- (1.) Win the angle outside of defender's foot***
- (2.) High rip, low rip, mid rip—rip!***
- (3.) First step is forward and diagonal: "get somewhere!"***
- (4.) Drop inside shoulder to defender's hip: the low girl wins***
- (5.) Off-hand swipe or swim or chicken wing***
- (6.) Dribble ball where you are going, not where you are or were***
- (7.) Smack or clap your pick up***
- (8.) Rip your pick up***
- (9.) Elbows first and always***

# **Blank hs BASKETBALL**

## **COACHING CUES**

### **MENTALITY, ATTITUDE, APPROACH**

- (1.) Play through it. No complaints.***
- (2.) Care about and take pride in your technique. Details, details, details***
- (3.) Hustle everywhere; Hurry up and wait***
- (4.) Embrace and use the difficulty***
- (5.) "I love it." Everything is an opportunity***
- (6.) Lock in. Maintain discipline. Discipline yourselves before we give you that discipline***
- (7.) Just get there. No excuses. Find a way.***
- (8.) Two options: the right way OR again***
- (9.) Eye contact, ears open, mouth closed, acknowledge, clarify, question, confirm***